



ART SPIRIT retreat

SIMONS TOWN
10TH-12TH JUNE 2022

R 4, 500 P/P SHARING
R 5, 500 P/P SINGLE
NO EXPERIENCE NECESSARY

"Art should comfort the disturbed and disturb the comfortable"
~Cesar Cruz

OIL PAINTING WORKSHOP WITH SANDER MAHIEU



There is a meaningful and real connection between the creative and therapeutic processes. Expressing ourselves through art and exploring our creative voices offers us a respite from the mundanity of our everyday lives; a thing which is vital to the healing and restoration processes which we need to allow ourselves growth.

The goal of the Art Retreat is to create a space where you can allow yourself to step back from the world for a while, and express yourself in an unconditional setting.

For those with art experience, this is a wonderful way to reconnect... with art, with yourself, and with those sharing this journey.

www.sandermahieu.com



Painting workshops by Sander Mahieu

Sander is a Netherlands born artist, who has worn the shoes of many. From humanitarian to Human Resources manager, he has truly traversed the tides of life, but has always used art as his inspiration. Now, he chooses to settle in South Africa and commit solely to exploring his creative voice through painting.



Ocean swims and mountain hikes with Lindy Taverner

Your hostess Lindy is excited to share with you her passion for the environment, both land and sea.

She is the founder of RE Wild Food - offering nutritious and progressive food, incorporating edible seaweeds, wild plants and organic produce - striving to be sustainable, traceable, organic and low impact.



Yoga and meditation with Elaine Hackner

Elaine qualified as a yoga teacher at Ananda Kutir in Cape Town in 1991. Her practise coordinates posture (asana) and breathing (pranayama) to anchor us in the present moment and nurture body and spirit. Focus is on renewal, restoration and connection - giving priority to the special needs of each individual. Through regular practice, we develop strength, flexibility and stamina. We become more in touch with deeper aspects of ourselves and better resourced to face daily challenges.



Catering by Aimee Baker

Originally a restaurant trained chef, Aimee has since expanded her portfolio to include event catering with a focus on vegan dishes, amongst other sustainable menu options.

Her flavourful dishes will leave your taste buds tingling and your heart yearning for more!

SCHEDULE

Friday 10th June:

- 2 - 5pm: Arrival, orientation, tea & biscuits
- 5 - 6pm: Introduction to Art Spirit Retreat
- 6 - 7pm: Meditation and gentle yoga
- 7 - 8pm: Nutritious dinner
- 8 - 9pm: Meditation and intention setting

Saturday 11th June:

- 6:30am onwards: Coffee, teas and biscuits
- 7 - 8am: Optional morning swim
- 8 - 9am: Gentle yoga class
- 9 - 10am: Breakfast
- 10am - 1pm: Art Workshop
- 1pm - 2pm: Lunch
- 2- 5pm: Art Workshop / beach walk
- 5 - 6:30pm: Sundowners mountain walk
- 7 - 8pm: Dinner
- 8 - 9pm: Meditation and reflections on the day

Sunday 12th June:

- 6:30am onwards: Coffee, teas and biscuits
- 7 - 8am: Optional morning swim
- 8 - 9am: Yoga class
- 9 - 10am: Breakfast
- 10am - 1pm: Art Workshop
- 1 - 2pm: Lunch, meditation & closure discussion

PRIVATE ACCOMODATION IN SIMONS TOWN



The blend of nature and art produce a program that is invigorating but restful. Beach walks and cold water swims, art workshops inspired by the surrounding landscape, and meditation sessions give you the break you need. Meals are plant-based, delicious, and will replenish your body. Our team of professionals will insure that your stay is incredible!





RATES

The weekend rate for 2 nights' accommodation and the full retreat program:

- R 4, 500 p/p sharing a room, R5, 500 p/p single
- Includes all art materials and activities
- A minimum of 48-hr cancellation notice for a 50% refund.
A minimum of 1-week cancellation notices receive a full refund.

BANKING DETAILS TO MAKE A BOOKING

RE Wild Food

FNB Cheque Account

Branch Number: 211417

Account: 622 6400 7727

Reference: Art Retreat / Your name

WHAT TO BRING

- Comfortable clothes for practicing yoga
- Walking shoes, wind jacket and hat
- Swimming costume
- Apron and old clothes
- Any favorite painting brushes you may have